

Hip Arthroscopy with Debridement and Boney Work

Jonathan M. Cooper, DO

Phone: 952-456-7617 | Fax: 952-456-7967

The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I (0 - 3 weeks)	Phase II (3 - 8 weeks)	Phase III (8 - 12 weeks)	Phase IV (Weeks 12 - 24+)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • PWB with crutches • Avoid sitting in a hip flexed position for a prolonged period of time • Limit flexion to 90° <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Swelling/Wound management • Gait Training <p>EXAMPLE EXERCISES</p> <ul style="list-style-type: none"> • Isometrics • Stationary bike without resistance • Circumduction • Stomach stretch <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • 3 weeks from surgery with appropriate pain control and no other concomitant procedures 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Progress to WBAT • Wean off crutches • Hip flexion to comfort after week 4 <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Work on normalizing gait • Scar mobilization when wound healed • Pool therapy when OK'ed by surgeon if indicated <p>EXAMPLE EXERCISES</p> <ul style="list-style-type: none"> • Lower extremity flexibility program • Bridging double and single • Step up progression • Core strengthening • Proprioceptive training <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • 6-8 weeks from surgery • Normal gait mechanics • Single leg stance control w/o UE support 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Watch for gait abnormalities • FWB • Strength training to have rest days between <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Manual therapy PRN • Modalities PRN <p>EXAMPLE EXERCISES</p> <ul style="list-style-type: none"> • Stationary biking with resistance • Daily stretching • CKC hip strengthening/squat progression • Progressive core strengthening • Proprioception used in drills as able <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • Negotiate stairs normally • Restore limb confidence • Consider functional movement screen 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Symmetric strength for cutting/sports activities • Hockey players can begin return to skating program when cleared <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Manual therapy PRN • Modalities PRN <p>EXAMPLE EXERCISES</p> <ul style="list-style-type: none"> • Multiple plane stretching • Advance CKC strengthening progression to single leg • Maximize core, hip and lower extremity strengthening <p>16-24+ weeks</p> <ul style="list-style-type: none"> • Functional movement testing and address movement faults found • Running: initiate walk-jog program <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • Return to sport or heavy work cleared by MD • > 90% of limb symmetry on Functional Testing

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